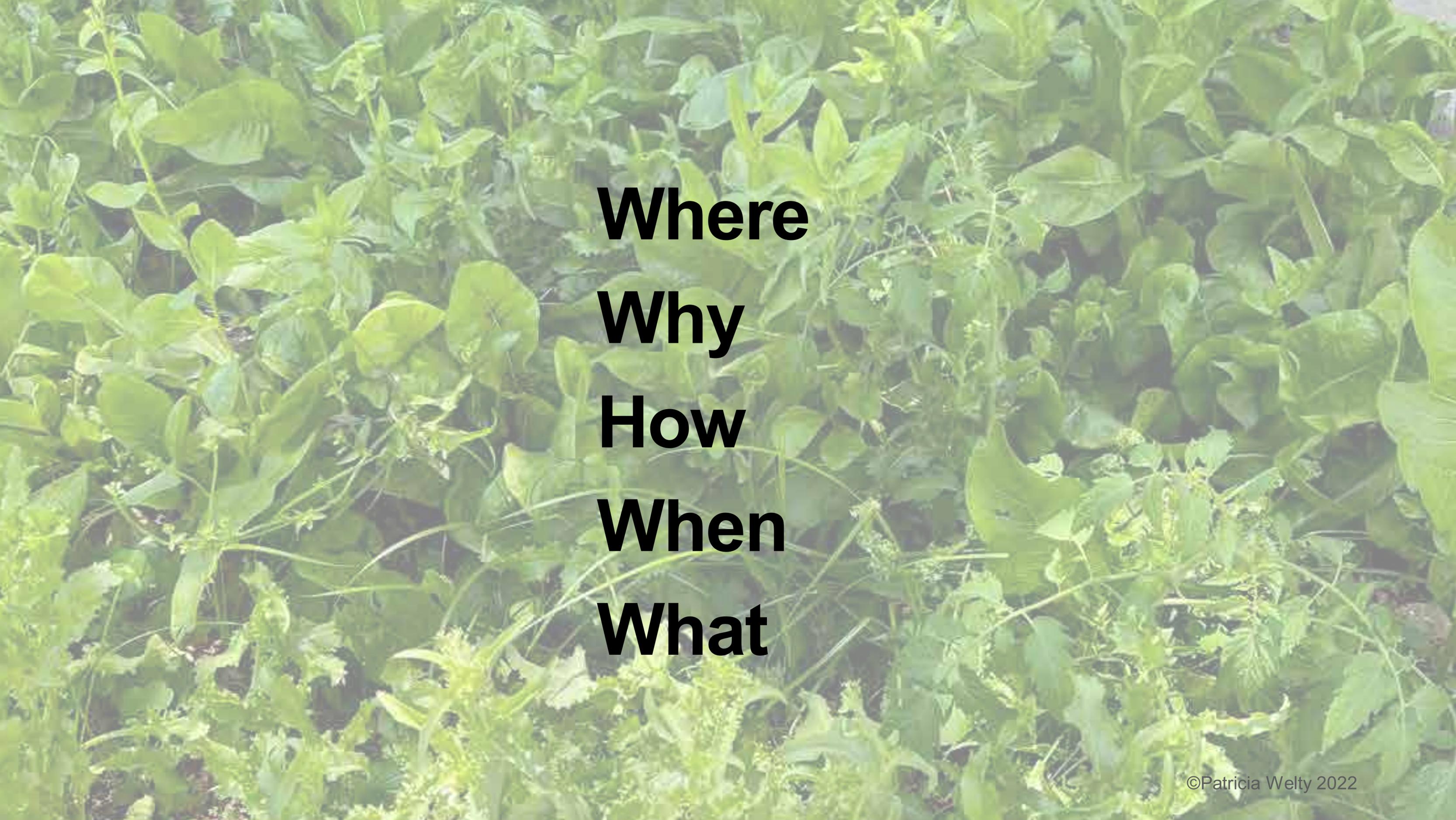


Urban Gardening

Make your yard work for you!

Patricia Welty June 25, 2022





Where

Why

How

When

What

Where?

...anywhere

- **Containers**
- **Raised bed**
- **Vertical spaces**
- **Community space**
- **Common areas**





Vertical spaces



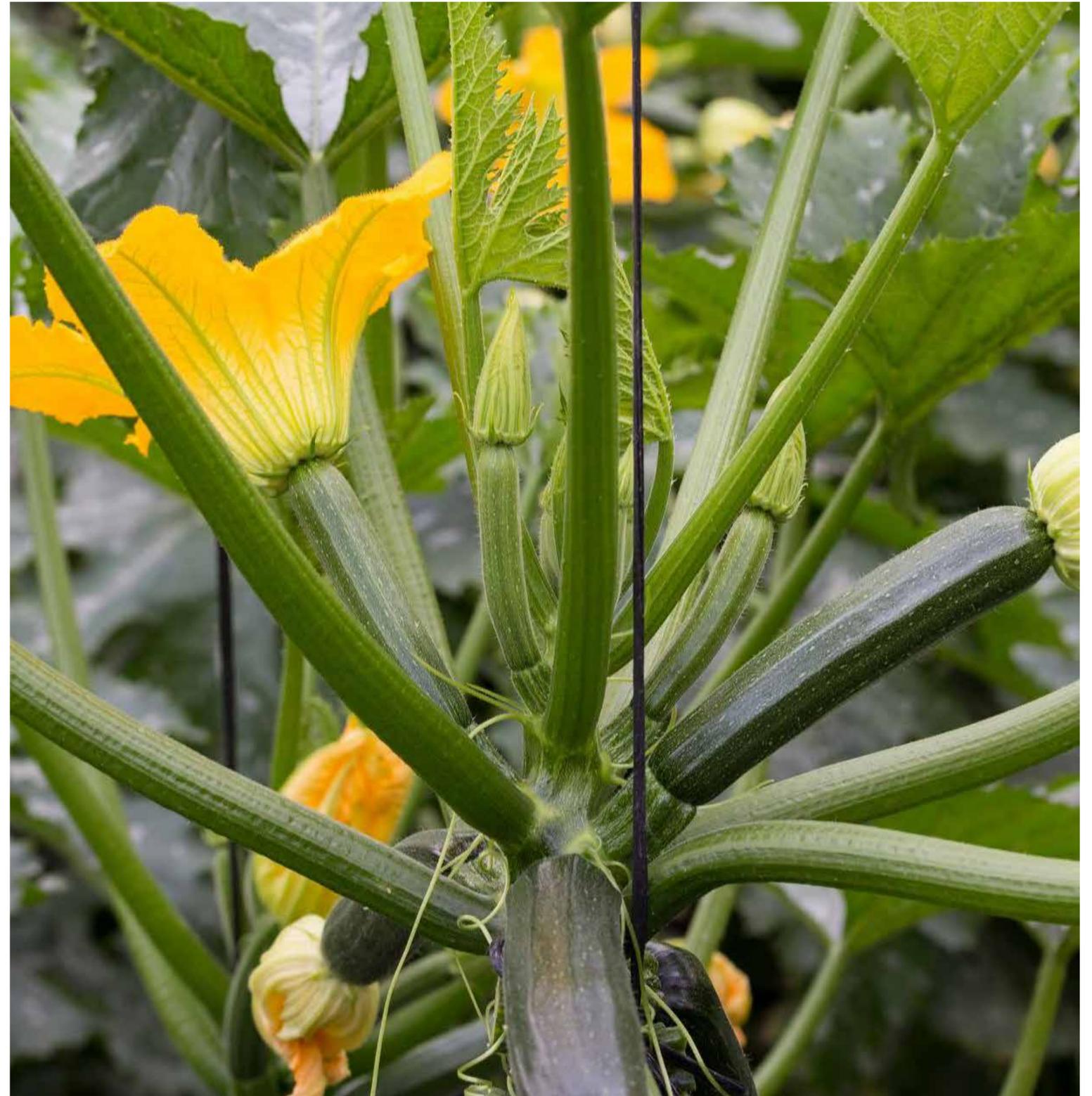
Containers / Raised Beds

Community spaces



Sunlight

- **Does your place face north, south, east, west?**
- **What veggies will grow best in the amount of sun available?**
- **What foods will your plants produce (plants are food factories that need the sun to produce)?**



Full Sun 6-8 hours

- **Tomatoes**
- **Basil**
- **Cucumbers**
- **Eggplant**
- **Peppers**
- **Squash**
- **Watermelon**
- **Cantaloupe**
- **Corn**
- **Okra**
- **Sweet Potatoes**
- **Peas**
- **Beans**
- **Yams**

Partial Shade 4-6 hours

- **Asparagus**
- **Beans**
- **Beets**
- **Broccoli**
- **Cabbage**
- **Carrots**
- **Cauliflower**
- **Celery**
- **Chives**
- **Cilantro**
- **Garlic**
- **Leek**
- **Mint**
- **Onions**
- **Oregano**
- **Parsley**
- **Peas**
- **Radish**
- **Shallots**
- **Turnips**

Low Light 2-4 hours

- **Arugula**
- **Brussels Sprouts**
- **Bok choy**
- **Kale**
- **Lettuce**
- **Mustard Greens**
- **Spinach**
- **Swiss Chard**

Why?

Make a yard work FOR you

- **Economical**
- **Healthier**
- **Climate/environmental friendly**
- **Less upkeep**
- **Sustainable**
- **Rewarding**



Bell peppers can range from \$2 to \$4 per pound, depending on the type, time of year, and geographical location.



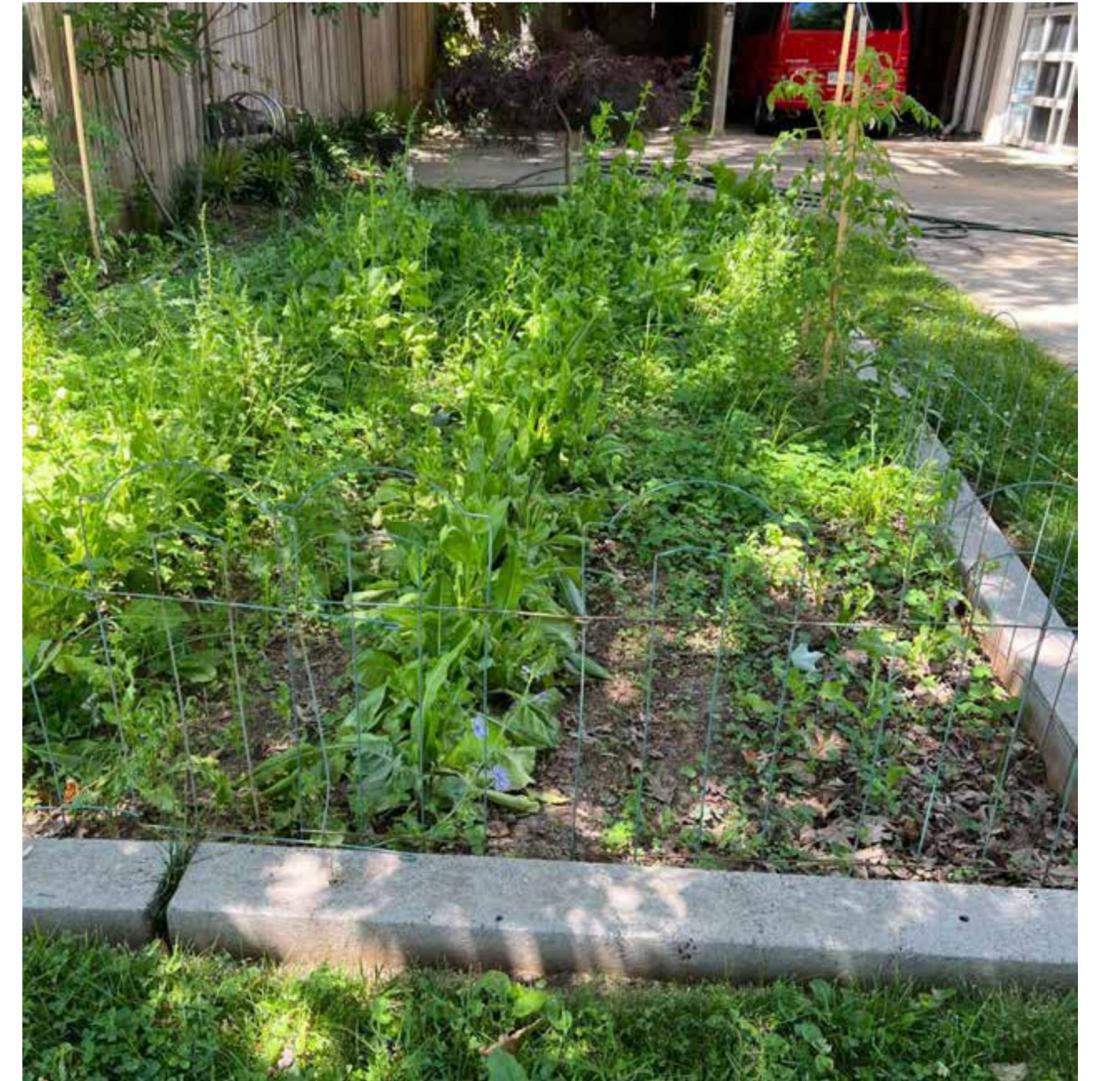
© BELL @disorganizedjoy

How/

- **STEP 1: MARK OUT YOUR GARDEN AREA**
- **STEP 2: REMOVE GRASS AND VEGETATION**
- **STEP 3: LAY OUT GARDEN BEDS AND PATHWAYS**
- **STEP 4: SOURCE GOOD GROWING SOIL**
- **STEP 5: CREATE GROWING ROWS**
- **STEP 6: MULCH GROWING ROWS**
- **STEP 7: MULCH PATHWAYS**
- **STEP 8: FENCE GARDEN**



Mulch around growing plants



Create paths

Crops that should be started indoors:

- susceptible to cold temperatures**
 - have a long growing season**
 - need a head start**
-
- Tomatoes**
 - Peppers**
 - Eggplant**
 - Broccoli**
 - Cauliflower**
 - Brussels sprouts**



Root crops are best sown directly in the garden because they do not like having their roots disturbed.

Squash and watermelon can also be direct sown.

- **Carrots**
- **Radishes**
- **Beets**
- **Squash**
- **Watermelon**





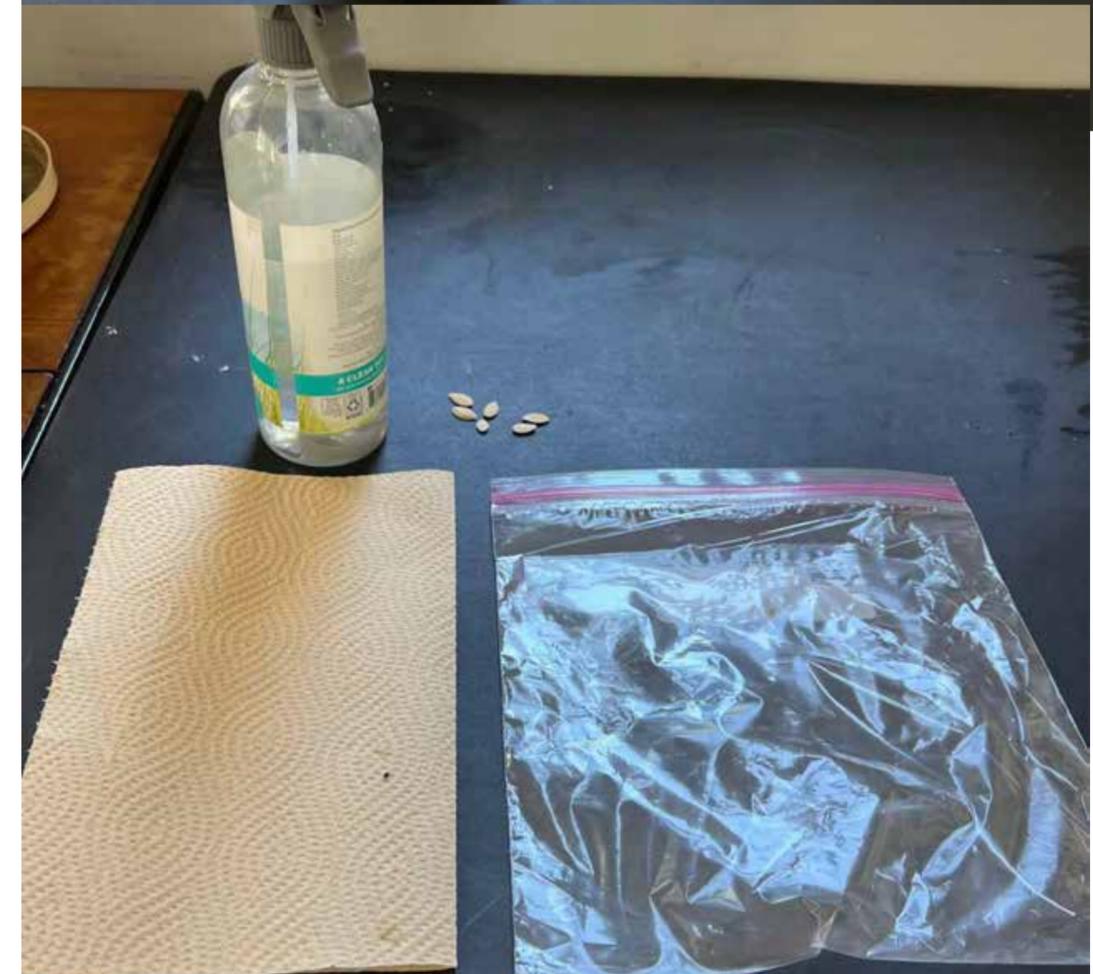
Tomatoes - germinate indoors

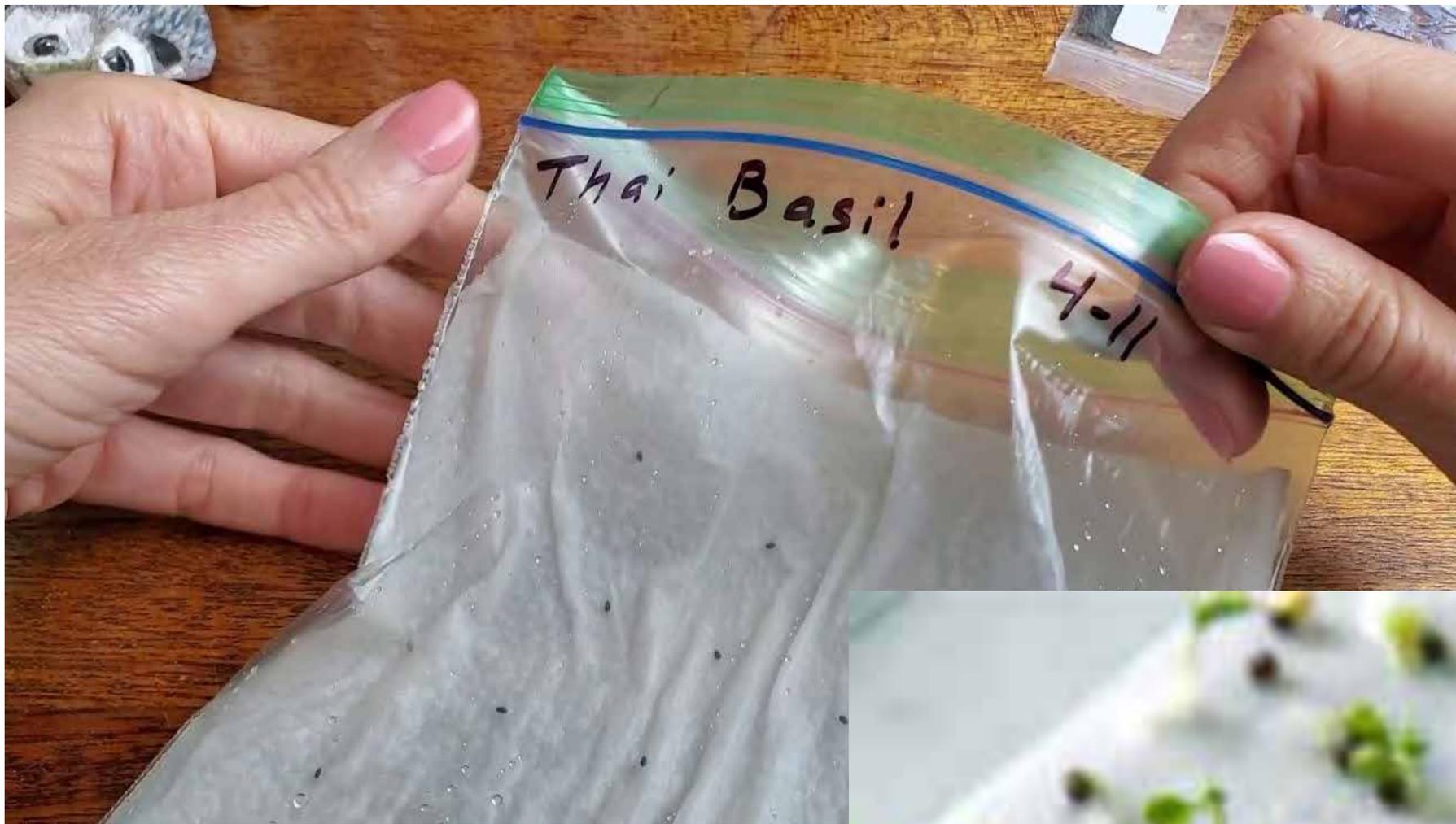


Squash - direct sown

How to germinate

- Determine the seeds that should be started indoors
- Have a dedicated space with natural light
- Create a mini greenhouse
- Moisten paper towel
- Add seeds
- Insert in plastic bag
- Keeping moist
- Utilize a grow light to mimic sunlight





Use commercial seed starter



Make your own Soil Mixes to Start the Growing Process

Soiless Mix

2 parts peat moss

1 part vermiculite

1 part perlite

Easy-Mix Recipe

1 part milled (sphagnum) moss, peat moss,
or screened compost

1 part vermiculite

1 part perlite

Amended Potting Mix

2 parts potting soil

1 part screened compost

1 part perlite



Pot seedlings

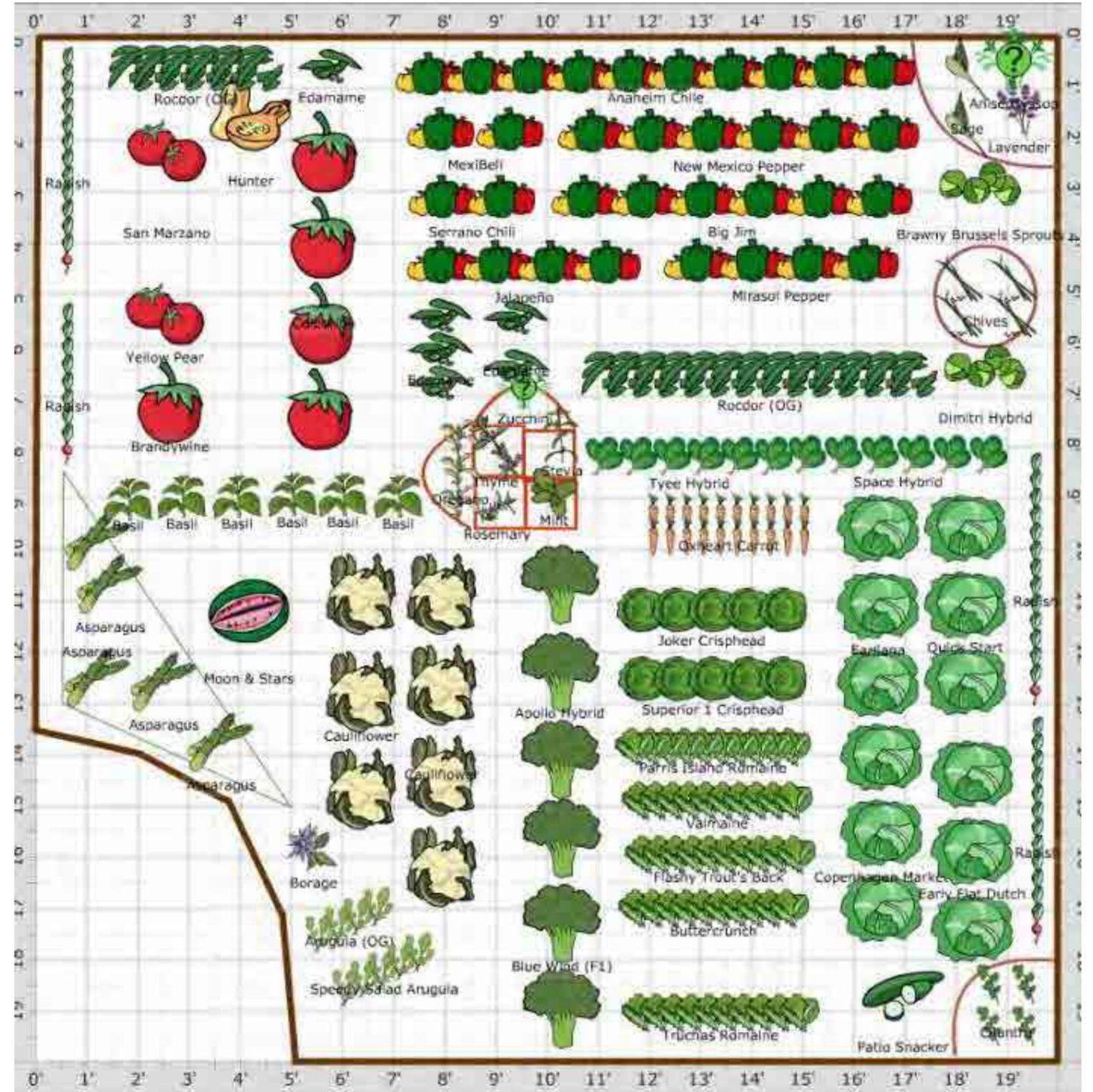
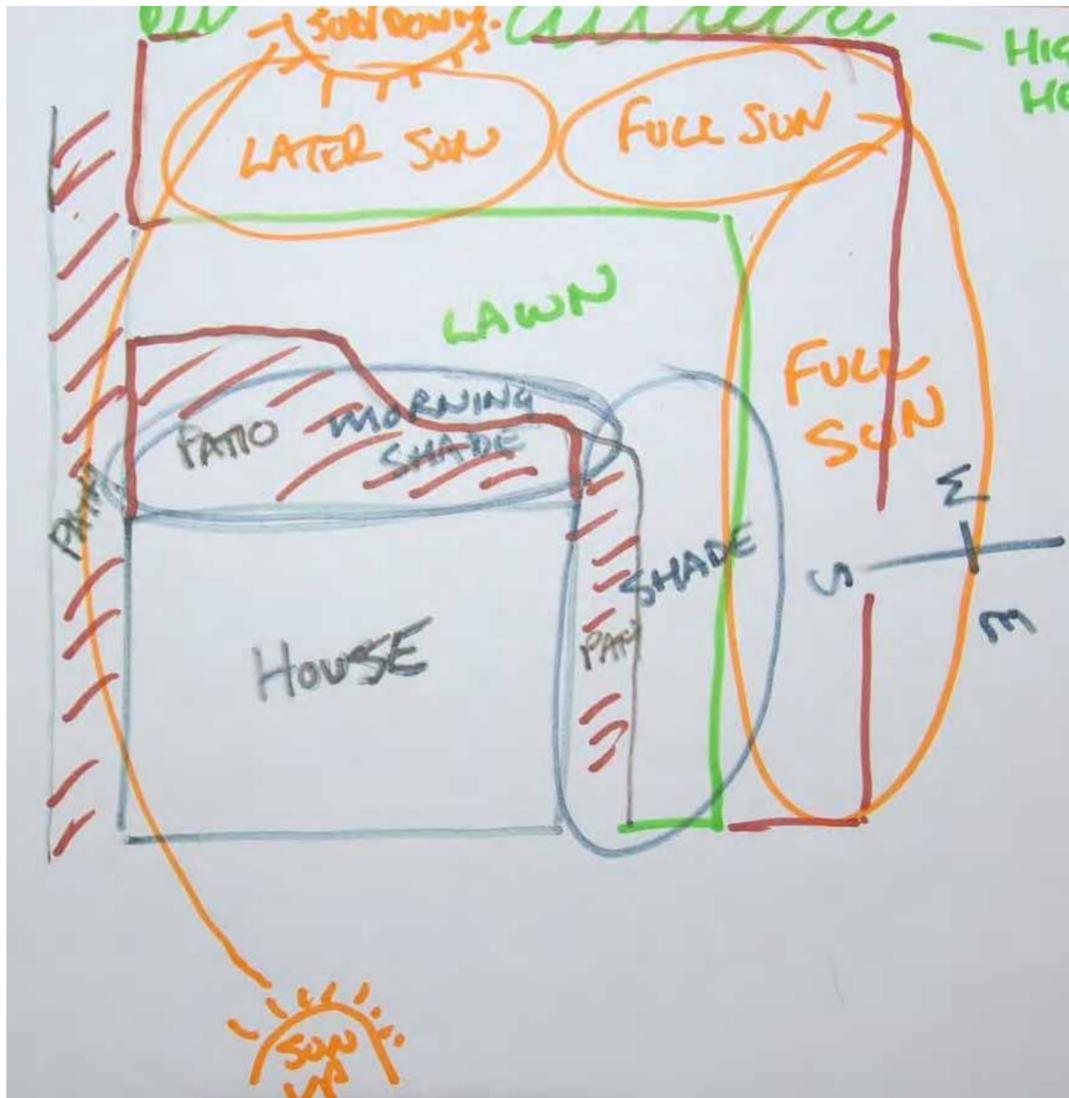
- **Seed Starter**
- **Any container works**
- **Continue using a grow light**
- **Keep soil moist**
- **Gradually begin hardening off**



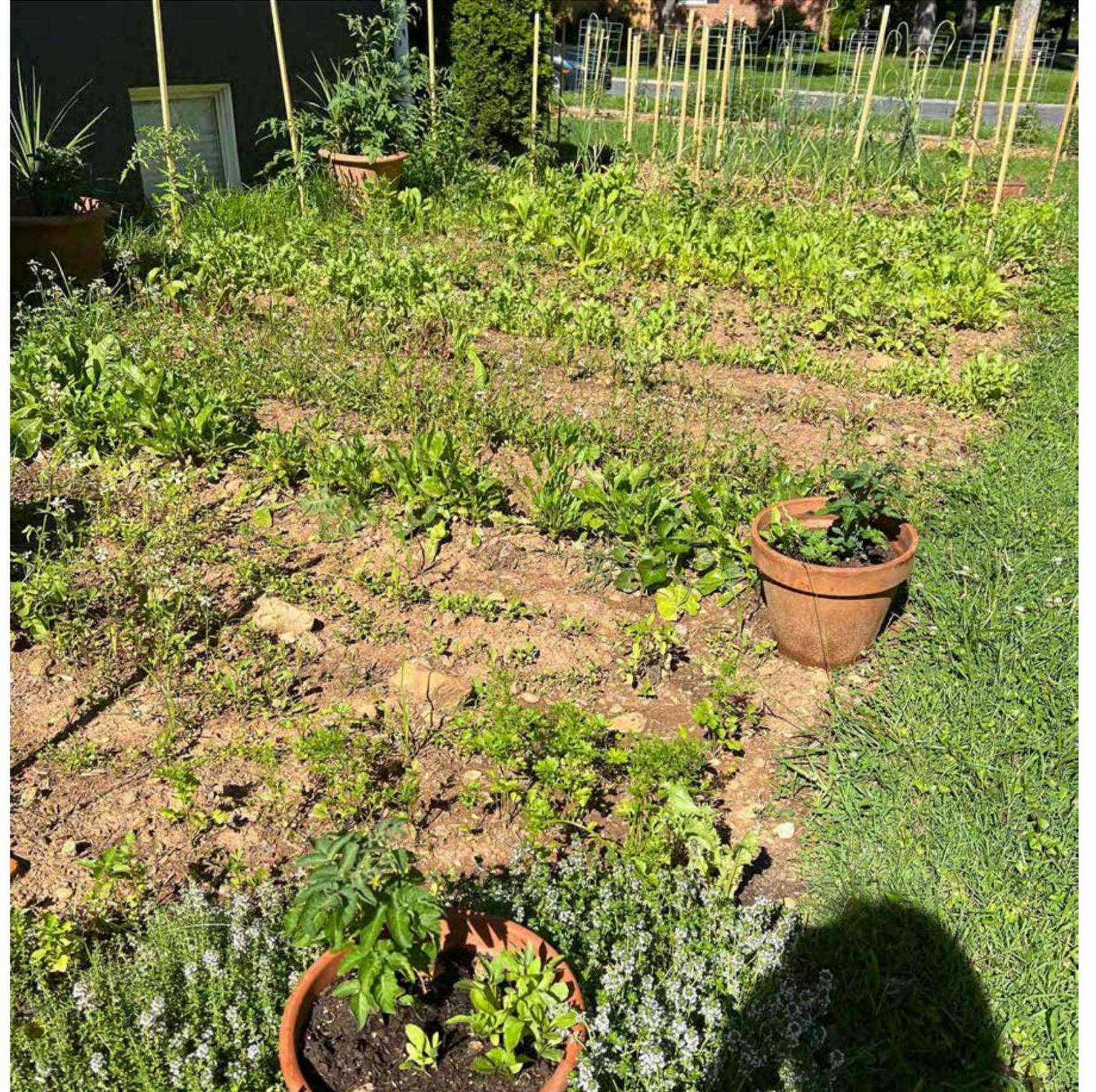
Hardening off



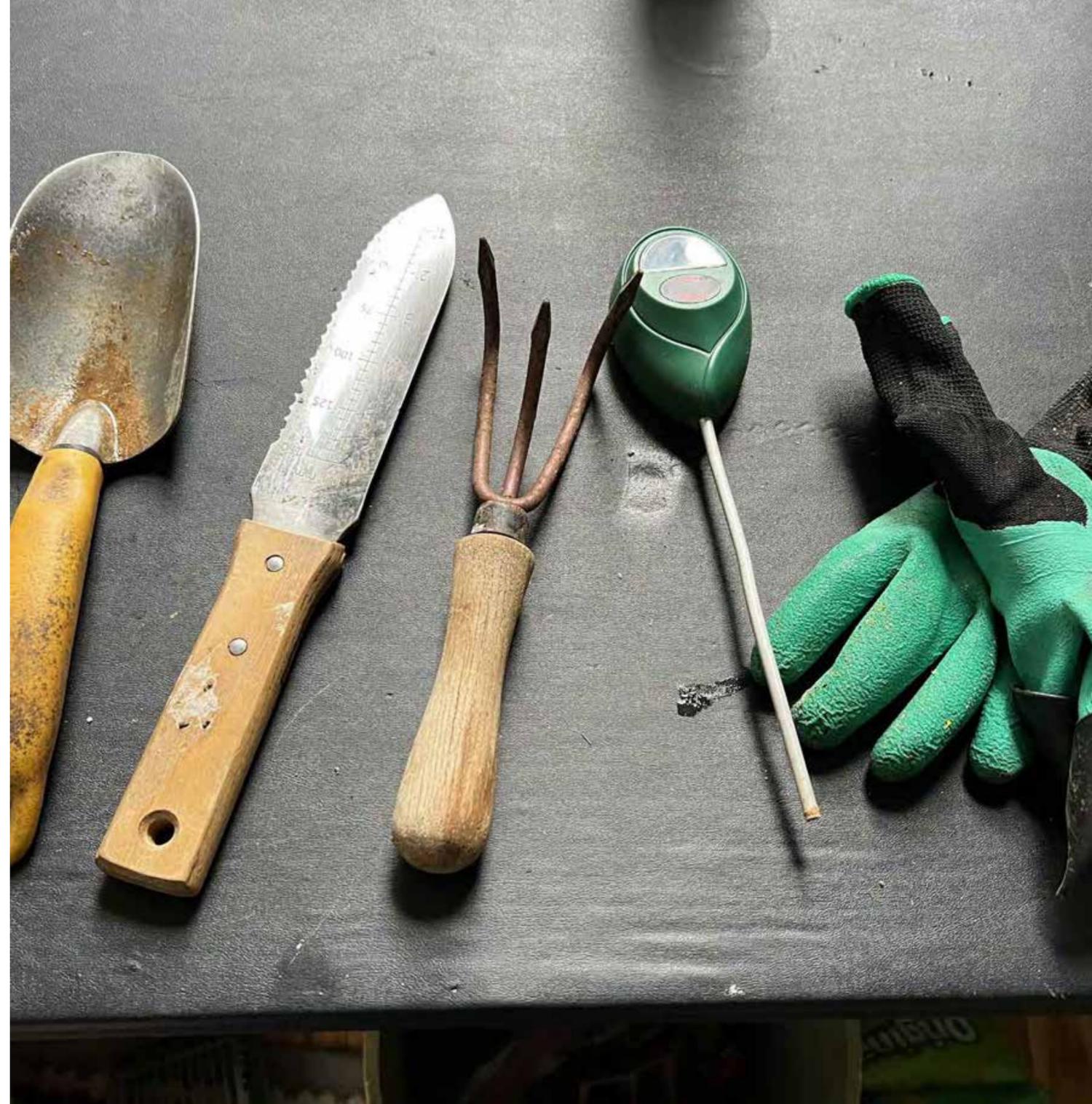
Make a Plan



Follow your plan



Hand tools



Transplanting:

After seedlings have been 'hardened off' they can be transplanted in your garden.



Direct Sown

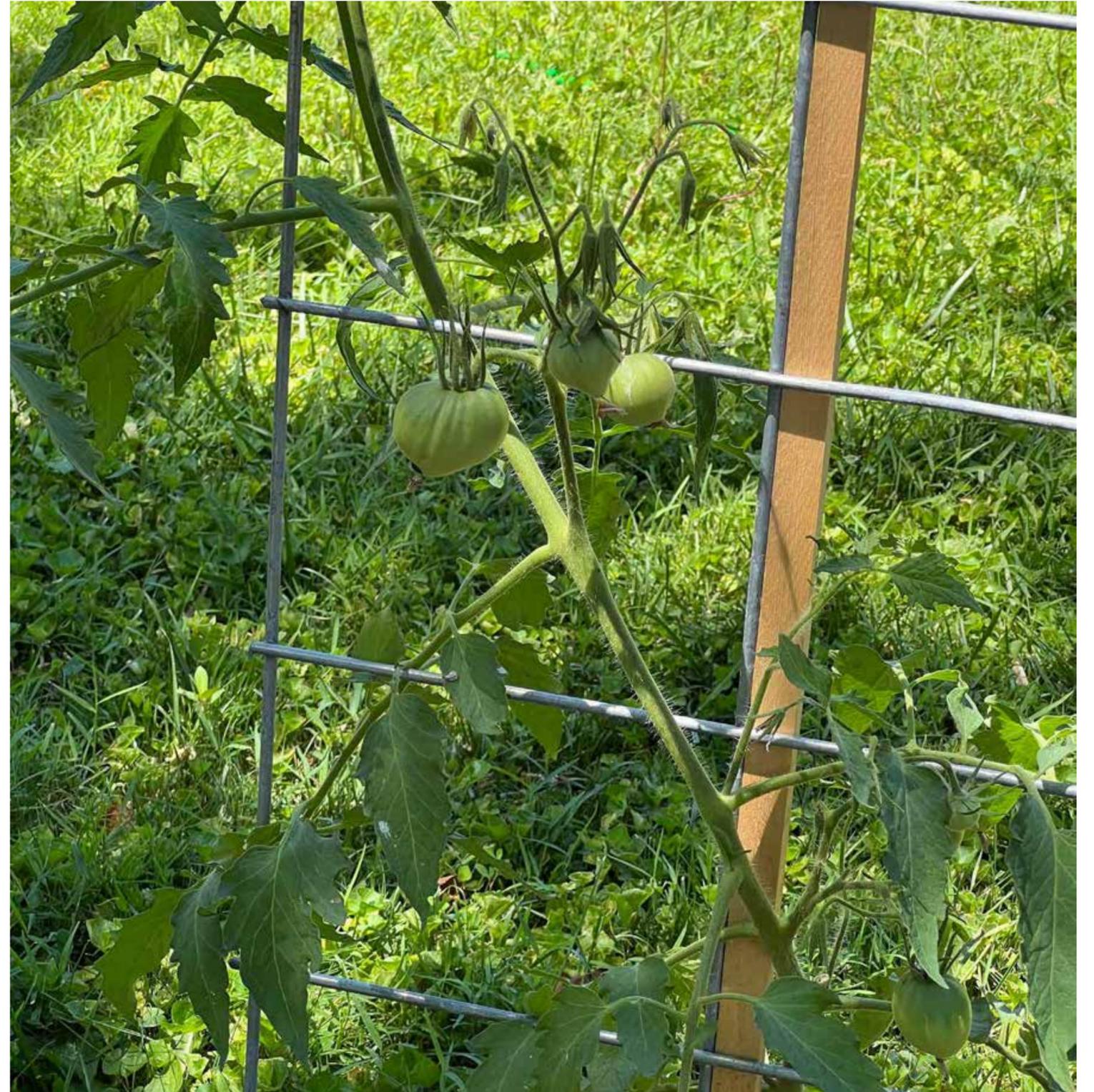
**Plant according to package instructions
late May/early June (after last frost)**

- **Chard**
- **Garlic (November)**
- **Lettuce**
- **Carrots**
- **Peas**
- **Parsley**
- **Spinach**





- **Tomato cages**
- **Stakes for tomatoes & climbing beans**
- **Ties**



When to plant

- Inside vs outside
- March: (inside) tomatoes indoors
- May/June: (outside) peas, beans outside
- Fall: garlic



ALMANAC

Saturday, June 25, 2022

Planting Calendar for Washington, DC

Enter your location

For the Almanac's [fall](#) and [spring](#) planting calendars, we've calculated the best time to start seeds indoors, when to transplant young seed into the ground.



Planting Dates for Spring

On average, your last spring frost occurs on March 30 (at WASHINGTON REAGAN AP, VA climate station, eleva

 Based on Frost Dates

 Based on Moon Dates

Crop

Start Seeds Indoors

Plant Seedlings
or Transplants

Star

Sweet potato slips

Fill a box or large container with peat moss and add enough water to make the moss damp not soggy.

Lay a sweet potato on the moss, cover with a 2" layer of sand.

Sprinkle water on the sand until it's thoroughly moist, cover with a sheet of glass, a plastic lid, to keep in moisture.

Check after four weeks to make sure the slips are growing.

Keep checking, pulling from the sand when the slips are about 6".

Take the slips from the sweet potato root by twisting them while tugging on the slip.

Once you have the slip, place it in a glass or jar of water for 2 weeks, until fine roots have developed on the slip.

Plant the rooted slips in the garden, burying them completely & spacing them 12 to 18 inches apart.

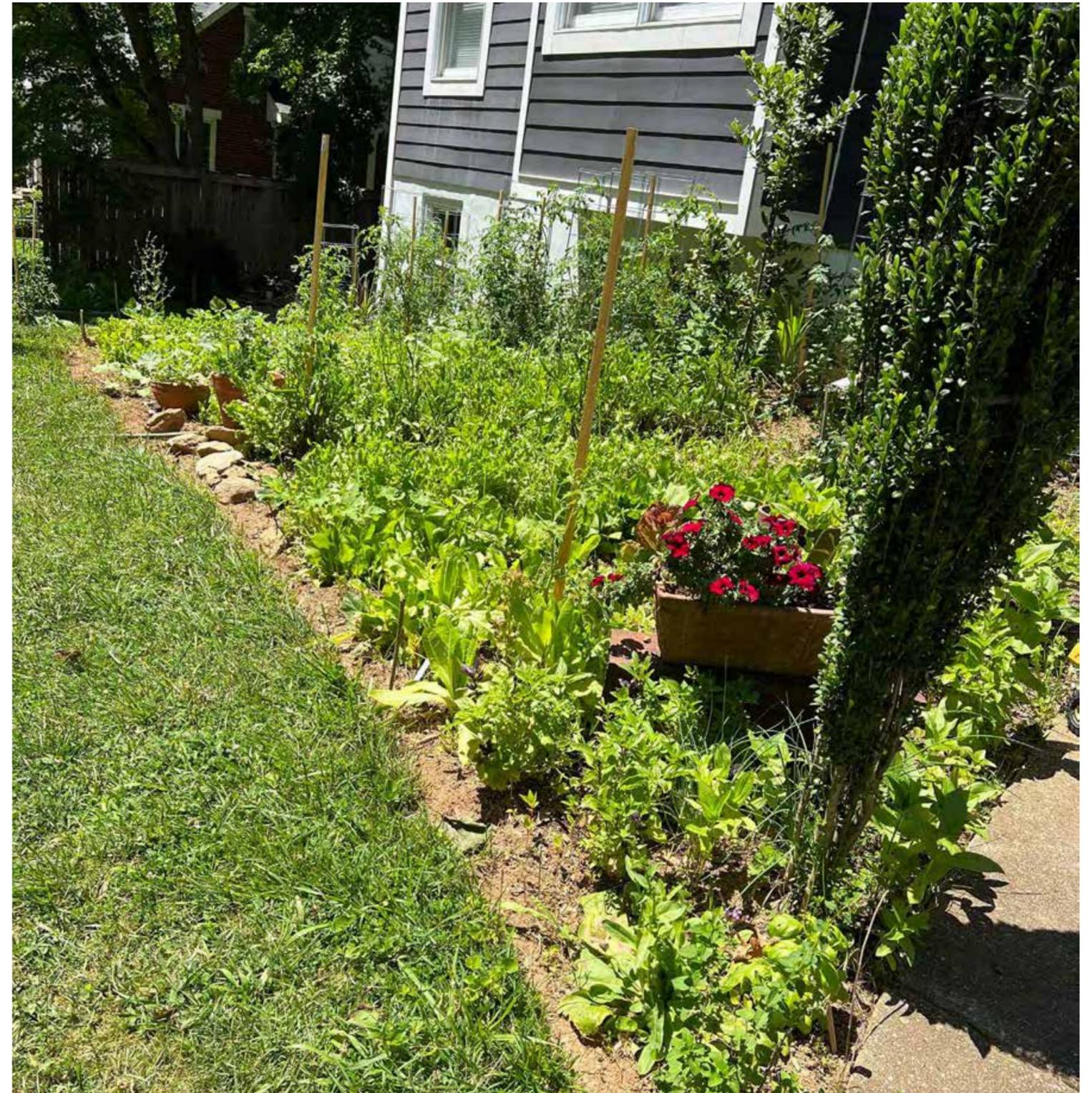
Keep the slips well-watered until you see green shoots appear, then water normally along with the rest of the garden.



Vegetables as decor

Growing flowers & veggies together

- Can lead to a bigger / better harvest!
- Helpful in repelling pests
- Can help keep certain diseases in the garden at bay

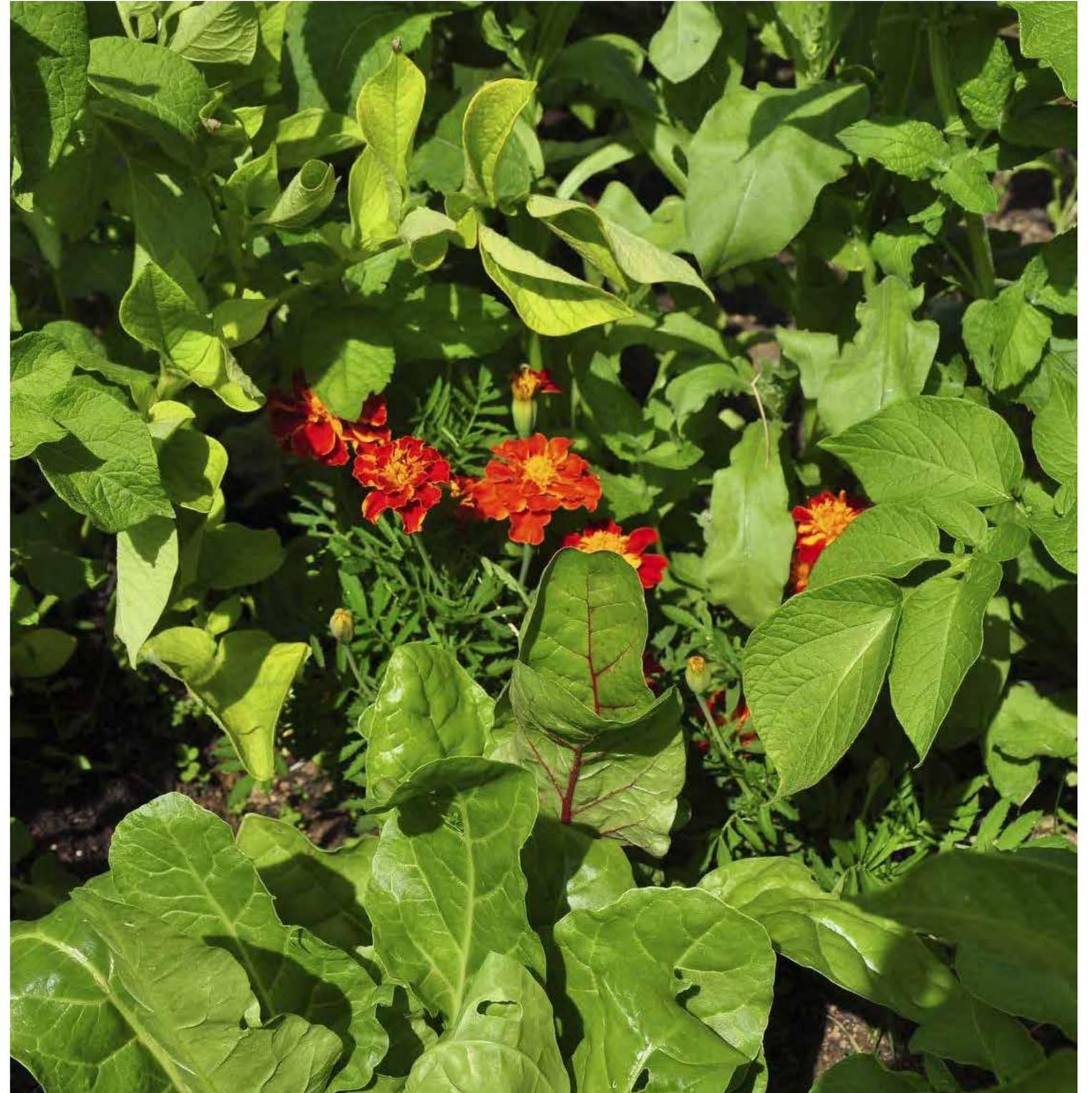


Helpful Companion Plants

Planting flowers in your vegetable garden known to repel pests is an organic solution.

Marigolds, lavender, and other plants with a strong scent deter deer and rabbits from eating your plants.

Scientists have discovered that using marigolds around plants such as roses, strawberries, potatoes, and tomatoes deters root knot nematodes, tiny worms that live in the soil.



Fruit

- Raspberries



- Blueberries



Herbs

Basil, Rosemary, Oregano, Lavender,
Parsley, Sage, Thyme, Mint, Chives,
Cilantro, Dill, Fennel, Chamomile

Marshmallow Root

Marshmallow root - a perennial herb used as a folk remedy for thousands of years to treat digestive, respiratory, and skin conditions.

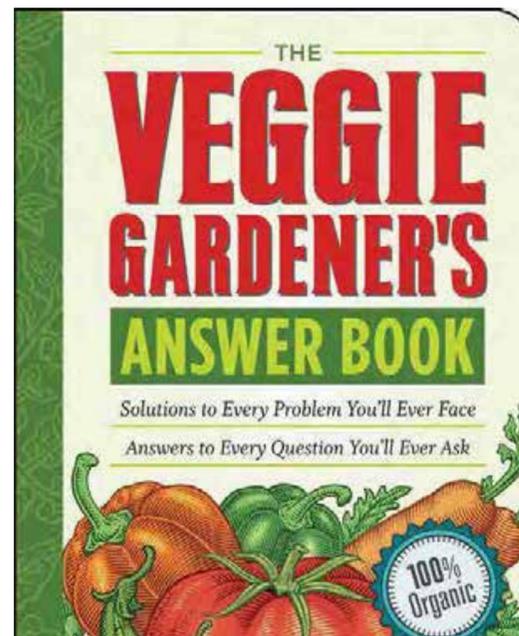


Rosemary



Resources

- University of Maryland Extension
- [Almanac](#)
- The Veggie Gardener's Answer Book by Barbara Ellis



Beans >	Beets >	Broccoli and Caulifl
Carrots >	Cucumbers >	Cucurbits
Eggplant >	Greens >	High Tunnel
Hops >	Melons, Pumpkins, Cantaloupes >	Okra
Onions, Green Onions, Garlic and Leeks >	Peas >	Peppers
Potato, Sweet Potato >	Seedling Problems >	Solanaceous Crops
Squash, Zucchini >	Sweet Corn >	Tomatoes



Happy Digging